

Claims

1. Exercising device that comprises a first strap (1), loops (3, 7) attached to the first strap (1) and an anchorage means (11) that is intended to be fixed to a base, said anchorage means (11) being designed to receive the first strap (1) in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the anchorage means (11), characterised in that at least one loop (3, 7) has a length/circumference in the interval 110-180 cm, and that tubular handles (10) are mounted on the loops (3, 7) and displaceable relative to the loops (3, 7).
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2. Exercising device according to claim 1, characterised in that the loops (3, 7) constitute second straps of larger width than the internal diameter of the tubular handles (10).
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3. Exercising device according to claims 1 or 2, characterised in that the anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is intended to be mounted in the pocket (19).
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- 25 4. Exercising device according to claims 1 or 2, characterised in that at least one loop (7) is connected to the first strap (1) by means of a buckle (9).
- 30 5. Exercising device according to any of the previous claims, characterised in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.
- 35 6. Exercising device according to any of the previous claims, characterised in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

7. Exercising device according to claim 6,
characterised in that the shackle (112) comprises
at least one screw (114A) that carries a sleeve (121).
- 5 8. Exercising device according to claim 7,
characterised in that the shackle (112) comprises
three screws (114A, 114B, 114C) that each carries a sleeve
(121).